



ATLANTA REGIONAL

health guide

RESOURCES FOR THE UNINSURED
AUGUST 2011

**Get well.
Stay well.
Here's how!**



KASIM REED
MAYOR



CITY OF ATLANTA

55 TRINITY AVE, S.W.
ATLANTA, GEORGIA 30335-0300
TEL (404) 330-6100

Fellow Atlantans:

I am pleased to share with you the *Atlanta Regional Health Guide* which contains important information about available health care services throughout the metropolitan area for you and your family.

Our city has seen many changes in the past few decades – changes which include new and affordable options for health care services. While finding the right services for your health needs and budget can be a challenge, this guide can help you identify affordable medical care, dentistry, substance abuse recovery centers, mental health care and programs that offer free and low-cost medicines and many more resources.

Routine medical care is a vital step to preventing and managing chronic diseases and costly conditions such as diabetes, heart disease and obesity, which affect many of our residents. This guide equips you with the necessary tools and information needed to combat these serious conditions.

Caring for our bodies and minds plays a key role in our quality of life. It is my hope that this guide will provide you resources for a healthier and happier lifestyle.

Sincerely,

A handwritten signature in black ink, which appears to read "Kasim Reed". The signature is fluid and stylized, with a long, sweeping flourish extending from the end.

Kasim Reed

Get Care

Community Health Centers

An ounce of prevention is worth a pound of cure. Visit a local community health center. **PAGE 4**

Take control over obesity and smoking.

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Public Hospitals and Other Health Care Delivery Systems

From immediate to preventive care, there is a hospital or health center near you. **PAGE 10**

School Health Services

Help your kids perform at their peak by keeping them healthy and strong. **PAGE 12**

Women's Health

Find out about special health resources for women. **PAGE 14**

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Protect your smile with dental services near you.

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HIV/AIDS Services

Help stop the spread of HIV/AIDS. Get tested! **PAGE 20**

Get Coverage

Health Reform

Stay up-to-date on the new Health Reform Law. **PAGE 22**

State Health Plans

Learn about affordable health care options for you and your family. **PAGE 23**

NOTICE: Information in this guide is correct as of time of publication. Due to space limitations, not all health resources may be listed. The websites listed in this guide, other than PfizerHelpfulAnswers.com, are neither owned nor controlled by Pfizer. Pfizer is not responsible for the content or services of these sites. Funded entirely by private donations provided by Pfizer Helpful Answers. Published August 2011 | PHA00544J



National Black Nurses Association



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saluciones
HEALTH SOLUTIONS
www.saluciones.com

Get Help

Find programs that can help you get access to prescription medicines.

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Veterans Services

Providing support for our veterans is a priority and within easy reach. **PAGE 26**

Behavioral Health Resources

Help is available when you need it most **PAGE 28**



Disabilities and Long-term Care

Some people have special needs and need extra care. **PAGE 30**

Elder Resources

There is help to find the right care for older adults. **PAGE 32**



Homeless Resources

For those most in need, there is help 24-7! **PAGE 34**



Find help to stop drinking or doing drugs.

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Suicide Prevention

Begin healing by reaching out and asking for help. **PAGE 38**



What Public Health

Your nearest Health Center may be your best friend when it comes to family health care, even if you are uninsured. Most cities and rural areas have health centers within reach. They offer primary health care services that could prevent more expensive medical needs later. In most cases, pay what you can based on your family size and your income.

They offer such services as:

- Wellness checkups
- Treatment if you are ill
- Vaccines and checkups for your children
- Care when you are pregnant
- Dental care

■ Medicines

- Help and treatment for substance abuse (alcohol and drugs)

Here are some of the various types of health centers in your area, including free clinics and federally-funded centers. Contact the one nearest you for an appointment. Or, to find a center in your area, contact:

Georgia Department of Public Health

404-657-2700

www.health.state.ga.us

Georgia Association for Primary Health Care

1-877-77-GAPHC

www.gaphc.org

CLAYTON COUNTY

Clayton County Board of Health

Comp Health Facility
1117 Battlecreek Rd.
Jonesboro, GA 30236

678-610-7199

Southside Medical Center - Riverdale Clinic

275 Upper Riverdale Rd.,
SW, Ste. D
Riverdale, GA 30274

770-991-0523

COBB COUNTY

Acworth Public Health Center

4489 Acworth
Industrial Dr.
Acworth, GA 30101

770-974-3330

Clinica del Bebé

578 Windy Hell Rd.
Smyrna, GA 30080

770-732-1880



QUICK GUIDE

EMERGENCY NUMBERS:

Fire / Police / Ambulance: 911

American Red Cross:
404-876-3302

Atlanta Fire Department:
404-546-7000

Atlanta Police Department:
404-614-6544

Domestic Violence Hotline:
770-963-9799

Emory Health Connection:
404-778-7777 or
1-800-75-EMORY

Fulton County Department of Mental Health:
(24 hours / 7 days)
404-730-1600
404-730-1608 TDD

Grady Health Systems Advice Nurse Center:
404-616-0600 or
1-800-447-6032

Grady Memorial Hospital Emergency:
404-616-6435

Help Line Georgia:
(Alcohol/Drug Problems, Domestic Violence, and Rape Victims' Assistance)
1-800-338-6745

Metropolitan Atlanta Rapid Transit Authority (MARTA):
404-848-5000

National Center for Missing & Exploited Children:
1-800-843-5678

Poison Control:
404-616-9000

Prevent Child Abuse Georgia Hotline:
1-800-CHILDREN

Rape Treatment Center:
770-476-7407

Centers Offer

Cobb/Douglas Health District
1650 County Services Pkwy.
Marietta, GA 30008
770-514-2300

East Cobb Public Health Center
4938 Lower Roswell Rd.
Marietta, GA 30068
678-784-2180

Family Health Center at Cobb
361 N. Marietta Pkwy., NE
Marietta, GA 30060
770-919-0025

Marietta Health Center
1650 County Services Pkwy.
Marietta, GA 30008
770-514-2300

Smyrna Health Center
3830 South Cobb Dr., Ste. 200
Smyrna, GA 30080
770-438-5105

South Cobb Community Health Center (Nutrition Division)
875 Six Flags Dr.
Austell, GA 30186
678-385-1364

Southside Medical Center - Windy Hill Clinic
578 Windy Hill Rd., SE
Smyrna, GA 30080
404-688-1350

DEKALB COUNTY Decatur Medical Office
1760 Candler Rd.
Decatur, GA 30032
404-298-8998

East Dekalb Health Center
2277 Stone Mountain-Lithonia Rd.
Lithonia, GA 30058
770-484-2600

Kirkwood Health Center
30 Warren St.
Atlanta, GA 30317
404-370-7360

Mercy Clinic North
3367 Buford Hwy., NE, Ste. 910
Atlanta, GA 30329
678-843-8700

North Dekalb Health Center
3807 Clairmont Rd.
Atlanta, GA 30341
770-454-1144

Oakhurst Medical Centers, Inc.

770 Village Square Dr.
Stone Mountain, GA 30083

404-298-8998

Oakhurst Medical Center at Candler and Glenwood

1760 Candler Rd.
Decatur, GA 30032

404-286-2215

Richardson Health Center

445 Winn Way
Decatur, GA 30030

404-294-3700

South Dekalb Health Center

3110 Clifton Springs Rd.
Decatur, GA 30034

404-244-2200

Southside Medical Center - Gresham Clinic

2578 Gresham Rd., SE
Atlanta, GA 30316

404-241-2336

T.O. Vinson Health Center

440 Winn Way,
Ste. 553
Decatur, GA 30030

404-294-3762

FULTON COUNTY Adamsville Health Center

3699 Bakers Ferry Rd., SW
Atlanta, GA 30331

404-699-4215

Aldredge Health Center

99 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303

404-612-1211

Amedisys Health Center

2000 Ridderedge Pkwy.
Atlanta, GA 30328

770-953-8570

Atlanta Union Mission (Men's Div)

165 Alexander St., NW
Atlanta, GA 30313

404-588-4005

Atlanta Women/Children Day Shelter

655 Ethel St., NW
Atlanta, GA 30318

404-876-2894

Center for Black Women's Wellness

477 Windsor St., Ste. 309
Atlanta, GA 30312

404-688-9202

Center Hill Department of Public Health

3201 Atlanta Industrial
Pkwy., SW, Ste. 302

Atlanta, GA 30331

404-699-6370

Center for Health & Rehabilitation

265 Blvd., NE, 3rd Fl.
Atlanta, GA 30312

404-730-1633

Clinica del

Bebé- Forrester Park

4140 Jonesboro Rd.
Forft Pk., GA 30297

404-684-1250

College Park Regional Health Center

1920 John E. Wesley Ave.
Atlanta, GA 30337

404-765-4146

Community Health Center of Palmetto

507 Park St.
Palmetto, GA 30268

770-463-4644

Dunbar Teen Clinic

477 Windsor St., SW
Atlanta, GA 30312

404-893-0773

Fulton County Health & Wellness

99 Jesse Hill, Jr. Dr., SE
Atlanta, GA 30303

404-612-1211

Fulton Health District Child Health Mobile Unit

99 Jessie Hill Dr., SE
Atlanta, GA 30303

404-612-1211

Grant Park Family Health Center

1340 Blvd., SE
Atlanta, GA 30315

404-627-4259

Health Education, Assessment and Leadership (HEAL)

1300 Joseph E. Boone
Blvd., NW
Atlanta, GA 30314

404-564-7749



Jefferson Place Transition House

1135 Jefferson St., NW
Atlanta, GA 30318

404-613-0412

Lakewood Health Center

1853 Jonesboro Rd., SE
Atlanta, GA 30315

404-624-0612

Mary Hall Freedom House

200 Hanover Park Rd.
Atlanta, GA 30350

770-642-5500

Neighborhood Union Health Center

186 Sunset Ave., NW
Atlanta, GA 30314

404-612-9330

North Service Center Health Center

7741 Roswell Rd.
Sandy Springs, GA 30350

404-613-7744

North Fulton Regional Health Center

3155 Royal Dr., Ste. 125
Alpharetta, GA 30004

404-332-1958

South Fulton Health Center

1225 Capitol Ave., SW
Atlanta, GA 30315

404-765-4200

Southside Medical Center - Main Center

1046 Ridge Ave., SW
Atlanta, GA 30315

404-688-1350



MORE HELPFUL RESOURCES

City of Atlanta

Resource for Residents:

A direct link between residents and the Mayor's Office. This department gives you a voice in how you feel about city services and lets you voice your thoughts and concerns.

**City of Atlanta
Office of
Constituent Services**
55 Trinity Avenue
Atlanta, GA 30303
404-636-6026

Common Point of Access to Social Services (COMPASS)

COMPASS is a quick, easy way to apply for food stamps and find if you're eligible for other social services. Visit:

www.compass.ga.gov

In Fulton County, visit:

www.fultoncountygaga.gov

Click on the Health & Wellness tab for health resources.

Statewide: If you need a state service but don't know which state agency or person to call for help, call:

1-800-GEORGIA

1-800-436-7442

**GWINNETT COUNTY
Buford Health Center**
2755 Sawnee Ave.
Buford, GA 30518
770-614-2401

**East Metro Health
District Office**
2570 Riverside Pkwy.
Lawrenceville, GA
30045
770-339-4260

**Four Corners
Primary Care Centers**
5030 Georgia Belle Ct.
Norcross, GA 30093
770-806-2928

**Gwinnett County
Environmental Health**
455 Grayson Hwy.,
Ste. 600
Lawrenceville, GA
30045
770-963-5132

**Gwinnett Public
Health Services
(Lawrenceville
Health Center)**
455 Grayson Hwy.,
Ste. 300
Lawrenceville, GA 30045
770-339-4283

Lilburn WIC Clinic
5342 Lawrenceville Hwy.
Lilburn Shopping
Center, Ste. A
Lilburn, GA 30047
678-924-1546

**Norcross
Health Center**
5030 Georgia Belle Ct.
Norcross, GA 30093
770-638-5700

Rainbow Village, Inc.
5030 Holcomb Bridge Rd.
Norcross, GA 30071
770-446-3800

Rainbow Village, Inc.
3160 Main St., Ste. 100
Duluth, GA 30096
770-497-1888

**Southside
Medical Center -
Norcross Clinic**
5127 Jimmy Carter
Blvd., Ste. 205
Norcross, GA 30093
770-368-3845

**Southside
Medical Center -
SSBLEC Clinic**
2685 Metropolitan
Pkwy., SW, Ste. C
Atlanta, GA 30315
404-688-1350

**Southside
Medical Center -
Substance Abuse
Treatment Center**
1660 Lakewood Ave., SW
Atlanta, GA 30316
404-627-1385

**St. Josephs
Mercy Care Clinic -
Downtown**
424 Decatur St., SE
Atlanta, GA 30312
678-843-8600

**St. Luke's Episcopal
Church Health Center
Mercy Clinic**
424 Decatur St., SE
Atlanta, GA 30312
678-843-8500

**The Family
Health Center
at Bolton Village**
2011 Bolton Rd., Ste. 104
Atlanta, GA 30318
404-799-0851

**The Good Samaritan
Health Center Inc.**
1015 Donald Lee
Hollowell Pkwy.
Atlanta, GA 30318
404-523-6571

**West End Medical
Centers (WEMC) -
Main Center**
868 York Ave., SW
Atlanta, GA 30310
404-752-1400

**WEMC at
Allen Road MidRise**
144 Allen Rd.
Sandy Springs, GA
30328
404-255-1853

**WEMC
at Bowen Homes**
2011 Bolton Rd.
Atlanta, GA 30318
404-799-0851

**WEMC at
The Atrium,
College Town**
435 Joseph E. Lowery
Blvd., SW
Atlanta, GA 30310
404-752-1400

**West Lake
Medical Group**
319 West Lake Ave., NW
Atlanta, GA 30318
404-752-1450



Bring Healthy Thoughts to the Table

For more information on small but important daily changes you can make, visit:

www.livehealthygeorgia.org
www.smallstep.gov

When it comes to the issue of obesity, we really need to bring healthy thoughts to the table, along with nutritious food for our children. Reports show that obesity among our children is increasing at an alarming rate; even tripling since the 1960's! We can all join together to do something about it. But first let's consider the risks that obesity brings to our children. Obesity may lead to hypertension, higher cholesterol, and diabetes. Also, the Centers for Disease Control and Prevention says, as children get older and become teens, they are more likely to be obese compared to children of pre-school age.

Here's what we can do:

- Get moving! Being physically active for at least an hour each day can help us all "lighten up."
- Too much computer or TV time? Time to put a limit on that.
- Fruits and veggies are your weight-loss friends! Drink fewer sodas and other sweetened beverages.
- Breakfast is your best friend! You will eat less later.
- Fly past those fast food restaurants. Make "Eating Out" an occasional activity.
- Looking for fun family time! Have them around the table with planned meals and smarter, appropriate portion sizes.



"Quitting Time" Never Felt So Good

When it comes to smoking, it's all about the negatives. There's nothing good about something that can cause heart disease, lung cancer, and harms babies during pregnancy. As if that is not enough bad news, second-hand smoke is dangerous for your family and friends and anyone around you when you are smoking.

The Plus Sides of Quitting
How about the fact you will feel better! And there's more...an improved sense of smell and taste, money savings, and an overall healthier lifestyle. The huge bonus? You will set a great example for the children around you.

How to Quit Now

- Patches and medicines are some of the products available to help you quit smoking.
- Look for a support group to help you with your addiction.
- Contact the following services. They offer free advice, confidential counseling, and plenty of information. They will help you set up a step-by-step plan so you can kick the habit.

We know you can do it!

**Georgia
Tobacco Quit Line**

877-270-STOP

Spanish Line:

877-266-3863

TTY: 877-777-6534

**American Cancer
Society Quitline**

1-877-270-7867

www.georgiacancer.org



VACCINATIONS —A SHOT OF LOVE

- We all know immunizations are not at the top of anyone's favorite "things-to-do" list but when it comes to showing love for your family, especially children and teens, vaccines go a very long way in showing you care.
- Just think, vaccines have wiped out polio and smallpox in the United States!
- And remember, vaccines also protect against diphtheria, tetanus, polio, measles, hepatitis, and the mumps. Plus, children need them before enrolling in school.

Where to Go

- You can visit your family doctor or go to your nearest public health office.

For a Community Health Center in your area, please refer to page 4 of this Health Guide



Health Care

From immediate to preventive care, it's comforting to know there is a hospital or other type of health care system near you.

Asa G Yancey Health Center
1247 Donald Lee Hollowell Pkwy., NW
Atlanta, GA 30318
404-616-2265

Atlanta Medical Center
303 Pkwy. Dr., NE
Atlanta, GA 30312
404-265-4000

Children's Healthcare of Atlanta at Egleston
1405 Clifton Rd., NE
Atlanta, GA 30322
404-785-6000

Children's Healthcare of Atlanta at Hughes Spalding
35 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-785-9500

Children's Healthcare of Atlanta at Scottish Rite
1001 Johnson Ferry Rd., NE
Atlanta, GA 30342
404-785-5252

Comprehensive Family Healthcare Center
1513 East Cleveland Ave., Bldg. 500
East Point, GA 30344
404-752-1000

Dekalb Medical Center
2701 North Decatur Rd.
Decatur, GA 30033
404-501-1000

Dekalb Medical Center at Downtown Decatur
450 North Candler St.
Decatur, GA 30030
404-501-1009

Dekalb Medical Center at Hillandale
2801 Dekalb Medical Pkwy.
Lithonia, GA 30058
404-501-8785

East Point Grady Health Center
1595 W. Cleveland Ave.
East Point, GA 30344
404-616-2886



Near You

Eastside Medical Center
1700 Medical Way
Snellville, GA 30078
770-979-0200

Emory-Adventist Hospital at Smyrna
Hospital at Smyrna
3949 South Cobb Dr.
Smyrna, GA 30080
770-434-0710

Emory Johns Creek Hospital
6325 Hospital Pkwy.
Johns Creek, GA 30097
678-474-7000

Emory University Hospital
1364 Clifton Rd.
Atlanta, GA 30322
404-712-2000

Emory University Hospital Midtown
550 Peachtree St., NE
Atlanta, GA 30308
404-686-4411

Emory University Orthopaedics & Spine Hospital
1455 Montreal Rd.
Tucker, Georgia 30084
404-251-3000

Grady Geriatric Center
80 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-616-7642

Grady Health System Primary Care Center
80 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-616-5800

Grady North Annex Health Center
7741 Roswell Rd.
Sandy Springs, GA 30350
404-612-2273

Gwinnett Medical Center
1000 Medical Center Blvd.
Lawrenceville, GA 30046
678-312-4321

Gwinnett Medical Center-Duluth
3620 Howell Ferry Rd.
Duluth, GA 30096
678-312-6800

International Medical Center (IMC)
80 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-616-6689

Kirkwood Family Medicine
1863 Memorial Dr., SE
Atlanta, GA 30317
404-616-9304

Lindbergh Women's & Children's Center
2695 Buford Hwy., NE,
Ste. 200
Atlanta, GA 30324
404-616-6999

Morehouse Medical Associates Downtown Office
75 Piedmont Ave.,
Stes. 600 and 700
Atlanta, GA 30303
404-756-1400

North DeKalb Health Center
3807 Clairmont Rd., NE
Chamblee, GA 30341
770-454-1144

Northside Hospital/Sandy Springs
1000 Johnson Ferry Rd., NE
Atlanta, GA 30342
404-851-8000

Otis W. Smith Health Center
2600 Martin Luther King Jr. Dr.
Atlanta, GA 30311
404-616-0506

Piedmont Hospital
1968 Peachtree Road, NW.
Atlanta, GA 30309
404-605-5000

Ponce De Leon Center
341 Ponce De Leon Ave.
Atlanta, GA 30308
404-616-2440

St. Joseph's Hospital
5665 Peachtree
Dunwoody Rd., NE
Atlanta, GA 30342
678-843-7001

Shepherd Center Rehabilitation Hospital
2020 Peachtree Rd., NW
Atlanta, GA 30309
404-352-2020

South DeKalb Health Center
2626 Rainbow Way, SE
Decatur, GA 30034
404-616-1776

South Fulton Medical Center
1170 Cleveland Ave.
East Point, GA 30344
404-466-1170

Southern Regional Medical Center
11 Upper Riverdale Rd., SW
Riverdale, GA 30274
770-991-8000

WellStar Cobb Hospital
3950 Austell Rd.
Austell, GA 30106
770-732-4000

WellStar Kennestone Hospital
677 Church St.
Marietta, GA 30060
770-793-5000

Wesley Woods Geriatric Hospital
1821 Clifton Rd., NE
Atlanta, GA 30322
404-728-6200

Nutrition:

If you feel you and your family need to eat more fruits and veggies don't worry, you are not alone.

But there is help and advice that can get us all eating fruits and vegetables from all colors of the rainbow!

Here is a handy website that can point you in the right direction for getting just the right amount of fruits and veggies for your age group and physical activity level.

Visit: www.fruitsandveggiesmatter.gov

Click on: Fruit & Vegetable Benefits then on How Many Fruits and Vegetables Do You Need?

Enter your age, your sex, and your activity level and in one quick step you will receive recommendations on how many servings of fruits and vegetables you need every day. You can do that for each and every member of your household.

This is a service of the federal government's Centers for Disease Control (CDC), which says a healthy diet needs to include "whole grains, fat-free or low-fat milk and milk products, lean meats, poultry, fish, dry beans, eggs and nuts, and is low in saturated fats, trans fats, cholesterol, salt, and added sugars."

Fruits and veggies anyone?

More Information:
800-CDC-INFO

Project Open Hand offers meals and education on nutrition to help those with chronic diseases.

For More Information:
Open Hand Client Services

176 Ottley Dr., NE
Atlanta, GA 30324
404-872-6947
www.openhand.org

Health at School

Here's how Health Care at School works for students. School-based nursing services are part of the Atlanta Public Schools' School Health Services Program as well as School Systems in the surrounding counties.

These services operate on a referral system from parents and guardians in order for students to receive individualized health services. Services provided by school nurses include individualized screenings such as for vision, hearing, and dental. Referrals of those who may have health problems (or if it is suspected that they do) can be taken from parents, personnel at the school, students, and community health care providers. Referrals are submitted to the health services professional at the schools or the Central Health Office.

Back-to-School Immunizations:

Atlanta Public Schools says you don't have to wait for the back-to-school rush to get your children up-to-date on their immunizations! Visit www.atlantapublicschools.us and click on the Parents and Students Tab and then click on FDHW Immunization Program.

Services include:

- Immunization Certificates
- Eye, Ear, and Dental Screenings

Atlanta Public Schools

Contact: Jayketa Singleton, RN, MS
School Health Services
130 Trinity Ave., 6th Fl.
Atlanta, GA 30303

404 802-2683

Email: jsingleton@atlantapublicschools.us

CLAYTON COUNTY School Health Services

1058 Fifth Ave.
Jonesboro, GA 30236
770-473-2700

COBB COUNTY Cobb County School District

School Health Services
Anne Coyle, BSN, RN,
NCSN Nursing Supervisor
514 Glover St.
Marietta, GA 30060
770-426-3341

DEKALB COUNTY Student Support Services - East

DeKalb Campus
Frances Patterson,
Lead Nurse
5839 Memorial Dr.
Stone Mountain, GA 30083
678-676-1842

FULTON COUNTY Student Health Services

Lynne P. Meadows, RN,
MS, Coordinator
5270 Northfield Blvd.
College Park, GA 30349
404-305-2177
www.fultonschools.org

GWINNETT COUNTY Gwinnett County Public Schools Health and Social Services

437 Old Peachtree Rd, NW
Suwanee, GA 30024
678-301-7270

ATLANTA BACK-TO-SCHOOL CARE

Did you know Back-to-School assistance, information, and resources are available year-round?

You can find everything from which school bus route to take to ways to get a step-ahead when it comes to getting those all-important immunizations. Your family, your schedule, and your stress level...will thank you for it!

For more information:

APS Student Relations Department
404-802-2233 or **404-802-2204**
Email: placements@atlanta.k12.ga.us

For a Community Health Center in your area, please refer to page 4 of this Health Guide.

Breast and Cervical Cancer

Checkups and Exams

Regular physical checkups not only ensure overall health but they are also very important for detecting breast and cervical cancer at their earliest stages. For Georgia women, breast cancer is the most common form of cancer so regular checkups are even more critical.

Here's a recommendation from the American Cancer Society: Yearly mammograms starting at the age of 40 for most women along with clinical breast exams as part of health assessments (about every three-years for women in their 20's and 30's and every year for women 40 and up.)

Another important reminder for women: Make an annual Pap smear test part of your health routine.

The test can detect cervical cancer during early stages.

Again, the Georgia Department of Human Resources says those screenings should start three years after vaginal intercourse begins but no later than the age of 21.

Cancer Screening Program

If you meet certain eligibility requirements, you may be able to take advantage of the Cancer Screening Program (formerly the Georgia Breast and Cervical Cancer Program - BCCP).

This is a statewide program offered by more than 200 public health clinics and some non-profit agencies in order to assist women with low-income levels or who are uninsured.





To find a Breast and Cervical Cancer Prevention Program near you, contact:

Cancer Screening Program (BCCP) and Women's Health Medicaid
404-657-3330 or
404-657-6611

www.georgiacancer.org

American Cancer Society
1-800-227-2345
www.cancer.org

Georgia Screening and Treatment Unit
404-657-3156
cabroom@dhr.state.ga.us



You and Your Baby

How do you keep healthy during your planned or unplanned pregnancy? Here are some answers. There are many prenatal and natal care programs ready to help you all along the way.

Prenatal Care Programs

The health care women get before and during pregnancy is called prenatal care. Diabetes and hypertension are some conditions that may develop during preg-

nancy so it's very important to diagnose and control them.

Other ways to improve both the health of both mom and baby include taking a multi-vitamin with folic acid to prevent certain birth defects, maintaining a healthy lifestyle (that means proper diet and exercise), lowering stress levels, and avoiding alcohol.

Women Children and Infant (WIC) Program
The Women Children and

Infant (WIC) program is a nutrition program that helps low-income pregnant women, new mothers, and young children eat well, learn about nutrition, and stay healthy. Nutrition education and counseling, nutritious foods, breastfeeding support, and help accessing health care are provided. In some clinics, immunizations are also provided. Both fathers and mothers can receive the benefits for their children.



Come First!

Who qualifies?

- Pregnant women
- Women who are breastfeeding a baby under 1 year of age
- Women who have had a baby in the past 6 months
- Parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children
- Households with incomes at or below 185% of the Federal Poverty Income Level
- Residents of Georgia

How to apply:

Call or visit a WIC Clinic near you and make an appointment.

1-800-228-9173

health.state.ga.us/wic_clinics

Georgia WIC Program Georgia Department of Health

Division of Public Health
Two Peachtree Street, NW
Atlanta, GA 30303

404-657-2700

Breastfeeding

Georgia has laws that support breastfeeding families. And, there are laws that protect breastfeeding in the workplace as well; providing flexible break times and a clean, private space so that a breastfeeding mom can express milk for her infant child.

Reasons to Breastfeed Your Little One

- Breastfeeding can help you get your figure back faster. Weight loss is often easier and breastfeeding helps your uterus return to normal size more quickly.
- Your breast milk is always ready. No mixing, measuring or heating.
- Nighttime feedings are quick and easy.
- Breastfeeding saves money...there is nothing to buy.
- Going out is simple...breastfed babies are easy to take along.
- Breast milk helps babies fight disease.
- You are providing your baby with the best nutrition possible.
- Most importantly, breastfeeding is a special gift only you can give your baby.



Help When You Need It

If you need medical treatment, advice, and education on Sickle Cell Disease, there's help right here in the area. Everything from testing, to treatment, to counseling.

This inherited blood disease can cause complications such as pain, bone damage, leg ulcers, increased infections, and strokes among others so it's important to get treatment.

The best way to screen for sickle cell trait or sickle cell disease is a simple

blood test. There also are prenatal tests to find out if a baby will have the disease. Couples who are planning to have a baby can get tested for sickle cell trait at medical centers and sickle cell treatment facilities.

We've listed some resources here.

**Children's Health
Care of Atlanta:**
404-785-1112 or
1-888-785-1112

www.aflaccancercenter.org

**Georgia Comprehensive
Sickle Cell Center
Grady Health System**
80 Butler St., SE
Atlanta, GA 30335
404-616-3572

**Sickle Cell
Foundation of Georgia**
2391 Benjamin E. Mays Dr, SW
Atlanta, GA 30311
1-800-326-5287
www.sicklecellatlaga.org

Protect Your Smile

Looking for signs of good health? You need look no further than your smile! That's right...dental health has everything to do with your overall physical well-being.

Protect your smile and the rest of your body by making sure you and your family brush and floss after meals.

And, your nearest community health center may offer you low-cost or even free dental care. Ask about it today and smile!



CLAYTON COUNTY
Clayton County
Dental Clinic
1117 Battlecreek Rd.
Jonesboro, GA 30236
678-610-7421

COBB COUNTY
Cobb & Douglas
Public Health
3830 S. Cobb Dr., SE
Smyrna, GA 30080
770-514-2372

DEKALB COUNTY
Clifton Springs
Health Center
Dental Clinic
3100 Clifton Springs Rd.
Atlanta, GA 30044
404-244-4410

East DeKalb Health
Center Dental Clinic
2277 S. Stone Mountain-
Lithonia Rd.
Lithonia, GA 30058
770-484-2623

Grady Oral
Health Center
341 Ponce de Leon Ave.
Atlanta, GA 30308
404-616-9772

Kirkwood Health
Center Dental Clinic
30 Warn St.
Atlanta, GA 30317
404-370-4640

North DeKalb Health
Center Dental Clinic
3807 Clairmont Rd.
Atlanta, GA 30341
770-454-1144 x4341

T.O. Vinson Health
Center Dental Clinic
4040 Winn Way
Decatur, GA 30013
404-508-7890

FULTON COUNTY
The Center for
Black Women's
Wellness - Atlanta
477 Windsor St., SW
Atlanta, GA 30312
404-688-9202

Ben Massell
Dental Clinic
700 14th St., NW
Atlanta, GA 30318
404-881-1858

Fulton County
Dental Clinic
Aldredge
Health Center
99 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-613-1471

Good
Samaritan Center
239 Alexander St.
Atlanta, GA 30313
404-523-6571 x 221

Grady Oral
Health Center
35 Butler St., SE
Atlanta, GA 30303
404-616-4469

Southside
Healthcare, Inc.
1046 Ridge Ave.
Atlanta, GA 30315
404-564-6801

West End
Medical Center
868 York Ave.
Atlanta, GA 30310
404-752-1400

GWINNETT COUNTY
Gwinnett Helpline
770-995-3339
www.gwinnetthelpline.org

TEEN SERVICES

For Teens who might need help or advice, help may just be a phone call away. Here are some area and national services:

Clayton
Teen Center
678-610-7528

Covenant
House Nine Line
1-800-999-9999

Georgia AIDS
and STD
Information Line
1-800-551-2728

National Center
for Missing and
Exploited Children
1-800-843-5678

National Child
Abuse Hotline
1-800-4-A-CHILD
1-800-422-4453

National Domestic
Violence Hotline
1-800-799-7233

National Drug and
Alcohol Treatment
Hotline
1-800-662-HELP

National Gay and
Lesbian Hotline
1-888-843-4564
4pm - 12 midnight

National Runaway
Switchboard
1-800-786-2929 or
1-800-RUNAWAY

National Sexual
Assault Hotline
1-800-656-HOPE
24 Hour Hotline

National
Suicide Hotline
1-800-784-2433
24 Hour Hotline

National Teen Dating
Helpline
1-866-331-9474

Planned
Parenthood
Federation of
America
1-800-230-PLAN

Self-Injury Hotline
(SAFE-Self Abuse
Finally Ends)
1-800- DON'T CUT or
1-800-366-8288

Stopping the Spread of HIV & AIDS

Get tested. It's never too late!!!

What Is HIV/AIDS?

HIV is the virus that causes AIDS (Acquired Immune Deficiency Syndrome), which affects the immune system, the part of the body that fights diseases. Untreated, AIDS can be fatal because our bodies are unable to fight infections.

How Do People Become Infected?

HIV is acquired through the blood stream (sharing needles for drugs, or tattoos) or through sexual relationships with people who are infected. You cannot tell if a person has HIV or AIDS (the person might not know either) but don't worry: you won't be infected by shaking hands

or working with someone with HIV/AIDS.

Getting Tested

AIDS is preventable, so it is important to be protected, use condoms, and get tested to avoid infection and infecting others. There is no cure for the HIV virus yet but if you have HIV/AIDS, there are many medicines and treatments that can help you live an enjoyable, normal life. For more information on HIV/AIDS, call:

Georgia AIDS & STD Infoline
1-800-551-2728
or **404-870-7775**
infoline@aidatlanta.org

SEXUALLY TRANSMITTED DISEASES (STDs)

What are they?

Diseases such as chlamydia, gonorrhea, herpes, and syphilis are passed on through sexual relationships. There are no cures for some of them and you can infect other people if not careful.

How do people get infected?

Not using condoms is the most common way of acquiring an STD. Get tested and ask your partner to get tested to avoid infecting others.

How do you prevent infection?

The best way to prevent infection of STDs is not to have unprotected sex. Always wear a condom and talk to your partner about their sexual history. Don't be afraid to talk openly and seek out help.



TO GET TESTED CONTACT ONE OF THESE CENTERS:

FULTON COUNTY

AID Atlanta's Joye Bradley Health Services Clinic

1605 Peachtree St., NE
Atlanta, GA 30309
404-870-7754
www.aidatlanta.org

Center for Black Women's Wellness

477 Windsor St., SW,
Ste. 309
Atlanta, GA 30312
www.cbwww.org
404-688-9202

Center for Pan Asian Community Services

3510 Shallowford Rd.
Chamblee, GA 30341
770-936-0969
www.icpacs.org

Department of Health and Wellness HIV Primary Care Clinic

99 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-613-1430

Grady Hospital Infectious Disease Program

341 Ponce de Leon Ave.
Atlanta, GA 30308
404-616-9759
www.gradyhealth.org

National AIDS Education & Services for Minorities

2140 Martin Luther King
Jr. Dr.
Atlanta, GA 30310
404-691-8880
www.naesm.org

Planned Parenthood Southeast, Inc.

75 Piedmont Ave., Ste. 800
Atlanta, GA 30303
404-688-9300
www.plannedparenthood.org

Positive Impact

139 Ralph McGill Blvd.
NE, Ste. 301
Atlanta, GA 30508
404-589-9040
www.positiveimpact-atl.org

Sister Love

1237 Ralph David
Abernathy Blvd.
Atlanta, GA 30310
404-505-7777
sisterlove.org

YouthPride

1017 Edgewood Ave.
Atlanta, GA 30307
404-521-9711
www.youthpride.org

To Check On Eligibility For Services Through The Ryan White Title I Program:

AID Atlanta
1605 Peachtree St.
Atlanta, GA 30309
404-870-7710
www.aidatlanta.org



Get Coverage

The nation's Patient Protection and Affordable Care Act, also known as the Health Reform Law, which was signed into law in 2010, is already making more health services and benefits available.

How the Health Reform Law Affects You:

- The year 2014 is when Exchanges take effect. Exchanges are insurance marketplaces run by each individual state that give individuals and small businesses the chance to buy affordable coverage.
- Starting July 1st, 2010, Georgia had access to \$177 million in federal funds to provide insurance to uninsured residents who have pre-existing conditions.
- If employers of young adults do not offer health insurance, they can stay on their parents' insurance plan until the age of 26.
- Tax credits for some small businesses are available. That way, they can provide health insurance to their workers and would set premiums at a more affordable rate.
- Georgia now has the option to offer federal Medicaid funding so all low-income individuals and families receive coverage despite age, disability, or family status.
- If you retire early, between the ages of 55 and 65, then you and your family can take advantage of a temporary early retiree re-insurance program. This ensures that state and local governments, unions, and companies can continue providing coverage for early retirees.
- Increased funds as of October, 2010 help support Georgia's Community Health Centers so that they can almost double the patients they see over the next five years. This could also mean the creation of new centers.
- Georgians have expanded access to preventive services such as mammograms, colonoscopies, cholesterol and diabetes screenings, prenatal, and new baby care, which will be covered by insurance companies. Patients will not be charged for these services.
- In areas under-served by medical care, there's increased funding for the National Health Service Corps to make available scholarships and loan repayments for doctors, nurses, and others who work in those under-served and rural areas.

More info:

www.healthcare.gov

Health Care Options

- The State of Georgia has some options for health insurance for both adults and children alike.
- Here is a listing of some of those programs with a description of their features and services.
- It's estimated that nearly one-in-five Georgia residents lack health insurance coverage.
- But there are ways you can get coverage that meets your needs at a price you and your family can afford.
- Remember to contact each program directly if you have any questions or would like to learn about applying for the program that best fits your needs.
- Make sure to take advantage of these valuable resources so you can reach that goal.

DCH.Georgia.Gov

This site is a great way to find health care in the State of Georgia. You can compare State health plans and services and even learn more about prescription benefits. Or, for more information, contact:

Georgia Insurance Commission
1-800-656-2298

Georgia Families

If you or any member in your family is in Medicaid or PeachCare for Kids™, you can choose which health plan and Primary Care Provider is right for you. Georgia Families gives you that choice.

There are three health plans to choose from in the Atlanta metropolitan area:

Amerigroup Community Care
303 Perimeter Center North, Ste. 400
Atlanta, GA 30346
1-800-600-4441
TTY: 1-800-855-2880
www.myamerigroup.com

Peach State Health Plan
3200 Highlands Pkwy., Ste. 300
Smyrna, GA 30082
1-800-704-1463
www.pshg.org

WellCare of Georgia, Inc.
211 Perimeter Center Pkwy., Ste. 800
Atlanta, GA 30346
1-866-231-1821
TTY: 877-247-6272
www.georgia.wellcare.com

The Georgia Division of Family and Children Services determines eligibility. You can find out how to enroll and more about the available health plans in the Atlanta area by contacting:

Georgia Families
PO Box 1096
Atlanta, GA 30303
1-888-GA-Enroll
1-888-423-6765
TDD: 1-877-889-4424
www.georgia-families.com

Georgia Department of Human Services Division of Family & Children Services Constituent Services
2 Peachtree Street, NW, Suite 18-486
Atlanta, GA 30303
404-651-9361



PeachCare for Kids™ State Children's Health Insurance Program

This program is for children who live in Georgia who are uninsured and whose parents make too much income to qualify for Medicaid but not enough to afford private insurance. Citizenship and income documentation are required for all new applicants. Contact:

PeachCare for Kids
PO. Box. 2583
Atlanta, GA 30301
1-877-GA-PEACH

Pre-Existing Condition Insurance Plan (PCIP)

Provides for the availability of health insurance for those denied insurance due to a pre-existing condition.

Eligibility:

- Citizen or National of the U.S. or reside in the U.S. legally.
- Without health coverage for the last six-months. (Not eligible for PCIP if enrolled in a state high-risk pool or if current insurance coverage doesn't cover your condition.)
- Pre-existing condition or denial of coverage due to health condition.

MEDICAID

Medicaid is administered by the Georgia Department of Community Health Medicaid Division and helps if you can't afford medical care or pay all your medical bills. Any local DFCS office can take your completed application by mail, phone, fax, email, or in person. For questions on Medicaid, contact:

Georgia Department of Community Health
2 Peachtree St., NW
Atlanta, GA 30303
404-656-4507
www.dch.gorgia.gov
Or call:
1-800-GEORGIA
1-800-436-7442

For more information or to apply, contact:

National Finance Center Pre-Existing Condition Insurance Plan
P.O. Box 60017
New Orleans, LA 70160
1-866-717-5826
www.pcip.gov



Prescription Assistance Programs

Pfizer Helpful Answers and Industry Programs

It sounds too good to be true, but there are many programs that help people in need get access to medicines prescribed by their doctor at a savings or even for free.

There are more than 475 public and private patient

assistance programs offering access to over 2,500 brand name and generic medications free or at a low-cost. More than 180 of these programs are offered by pharmaceutical companies.

The Partnership for

Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations, and community groups to help qualifying patients who lack prescription coverage get the medicines they need through a program that's right for them.

For more information:
1-888-477-2669
www.pparxga.org



**Partnership for
Prescription Assistance**



Together Rx Access®

Thousands of eligible hard-working people with no prescription drug coverage are now saving on the medicines they need with the Together Rx Access® Card. Most card holders save 25%-40% on brand-name prescription products.

Over 300 brand-name prescription products are included.

Savings are also available on generic drugs.

Who qualifies?

Applicants must:

- Have no prescription drug coverage
- Not be eligible for Medicare
- Be a resident of the U.S. or Puerto Rico

Have household income equal to or less than:

- **\$45,000**
for a single person
- **\$60,000**
for a family of two
- **\$75,000**
for a family of three
- **\$90,000**
for a family of four
- **\$105,000**
for a family of five

How to apply:

1-800-444-4106

www.togetherrxaccess.com

IF YOU REQUIRE MEDICINES MADE BY A PARTICULAR PHARMACEUTICAL COMPANY, HERE ARE SOME ADDITIONAL RESOURCES:

Abbott Patient Assistance Program:

1-800-222-6885

www.helpingpatients.org

Bristol-Myers Squibb Patient Assistance Foundation

1-800-736-0003

www.bmspaf.org

GlaxoSmithKline Bridges to Access

1-866-728-4368

www.bridgestoaccess.com

access2wellness

1-800-652-6227

www.access2wellness.com

Pfizer Helpful Answers®

1-866-706-2400

www.PfizerHelpfulAnswers.com



Providing Support for our Veterans

The Veterans' Services Division, part of the Department of Veterans Affairs (VA), provides a network of Veterans' Benefits Counselors. These counselors provide a wide range of services including information, counsel, and veterans' assistance. Veterans' dependents and survivors also get help including matters that pertain to state and federal benefits earned by honorable service in the U.S. Armed Forces.

For directions to your VA Regional Office, call: **1-800-827-1000.**

Coverage

VA's medical benefits package provides the following health care services to all enrolled Veterans:

- Preventive care services such as immunizations, physical examinations, screenings, and health care assessments.
- Ambulatory (outpatient) diagnostic and treatment services including emergency outpatient care in VA facilities, medical, and many surgical services, as well as mental health and substance abuse services.

- Medications and supplies including prescription and over-the-counter medications, and medical and surgical supplies as prescribed by a VA provider.

Qualifying

- You must have served in the Army, Navy, Air Force, Marines, or Coast Guard, and been discharged under conditions other than dishonorable.
- Reservists and National Guard Members who were called to active duty by a Federal Executive Order may qualify for VA health care benefits.
- Health care eligibility is not exclusive to those who served in combat. Other groups may be eligible for some health benefits.

Applying

- You can apply for VA health care, nursing home, domiciliary or dental benefits by completing VA Form 10-10EZ: Application for Health Benefits.





Atlanta VA Regional Office
1700 Clairmont Rd.
Decatur, GA 30033
1-800-827-1000

Atlanta Vet Center
1440 Dutch Valley Pl.,
Ste. 1100
Box 55
Atlanta, GA 30324
404-347-7264
www.sdv.s.georgia.gov

VA Medical Center
1670 Clairmont Rd.
Decatur, GA 30033
404-728-7611

**ATLANTA VAMC COMMUNITY
BASED OUTPATIENT
CLINICS (CBOCS)
COBB COUNTY
Austell Clinic**
2041 Mesa Valley Way,
Ste. 185
Austell, GA 30106
404-329-2222

Marietta Vet Center
40 Dodd St., Ste. 700
Marietta, GA 30060
404-327-4954

**DEKALB COUNTY
Decatur Clinic**
755 Commerce Dr.
Decatur, GA 30030
404-329-2222

**FULTON COUNTY
East Point Clinic**
1513 Cleveland Ave., #300
East Point, GA 30344
404-329-2222

**Floyd Veterans
Memorial Building**
2 Martin Luther King
Dr., SE Suite E-970
Atlanta, GA 30034
404-656-5940

**GWINNETT COUNTY
Lawrenceville Clinic**
1970 Riverside Pkwy., NW
Lawrenceville, GA
30043
404-329-2222

**Lawrenceville
Vet Center**
930 River Centre Pl.
Lawrenceville, GA
30043
404-728-4195

Obtaining the Form

- Download the form from the VA Website: www.va.gov
- Visit, call, or write any VA Health Care Facility or Veterans' Benefits Office
- Call the VA's Health Benefits Service Center toll-free at 1-877-222-VETS (8387)
- Monday-Friday between 8 AM and 8 PM EST

Evidence for Ap- plying

- A copy of your discharge papers (DD-214)
- Military service records indicating you received a Purple Heart Medal, or evidence you received hostile fire or imminent danger pay or a combat medal after this date if you indicated you were in combat after November 11, 1998

Getting a Handle on the Day-to-Day

We've all been there. Sometimes life puts more on our plate than we can handle at one given time. Just know that there is help right around the corner; exactly when you need that assistance. Your own doctor can refer you to area agencies trained to help. If you, or someone in your life, needs help right now, please reach out to any of the resources listed below. You will be glad you did.

Behavioral Health Services Include:

- Prevention and treatment programs for addiction
- Support to patients affected by developmental disabilities and their family
- Mental health services to children and adults

If you need help Urgently Call: Department of Human Resources Crisis & Access Line

1-800-715-4225

(Staffed 24-hours-a-day...every day for urgent and emergency needs)

The Fulton County Health Services Division Behavioral Health Access & Information Line **404-613-3675**

Monday thru Friday
8:30 AM – 5:00 PM

For after hours assistance, please call the Georgia Crisis & Access Line listed above.

**Gamblers Anonymous Georgia
Atlanta Hotline: 404-237-7281**
www.gamblersanonymous.org

THE LINK COUNSELING CENTER

**Cobb County
Office-Mallard Cove**
1820 The Exchange, Ste. 650
Atlanta, GA 30339
770-541-1114

**Sandy Springs Office
and The House Next Door**
348 Mt. Vernon Hwy., NE
Atlanta, GA 30028
404-256-9797
www.thelink.org



**SERVICES BELOW
ARE AVAILABLE
24 HOURS A DAY/7
DAYS A WEEK:**

**FULTON &
CLAYTON COUNTIES
Single
Point of Entry**
1-866-821-0465 or
404-730-1600

**FULTON AND
DEKALB COUNTIES
Grady Psychiatric
Emergency
Clinic for Adults**
80 Jesse Hill Jr. Dr., SE
Atlanta, GA 30303
404-616-4762

**Georgia
Regional Hospital
(GRH) of Atlanta**
3073 Panthersville Rd.
Decatur, GA 30034
404-243-2100

**DEKALB COUNTY
Central Access**
404-892-4646

**OUTPATIENT
CENTERS
DEKALB COUNTY
Clifton Springs
Mental Health Center**
3110 Clifton Springs Rd.,
Ste. B
Decatur, GA 30034
404-243-9500

**East DeKalb Mental
Health Center**
2277 S. Stone
Mountain- Lithonia Rd.
Lithonia, GA 30058
770-484-2600

**North DeKalb
Mental Health Center**
3807 Clairmont Rd., NE
Chamblee, GA 30341
770-454-1144
404-616-4743

**Veterans
Administration
Medical Center**
1670 Clairmont Rd.
Decatur, GA 30033
404-321-6111

If emergency
or after hours, go to:
**Urgent Care
Atlanta Vet Center**
77 Peachtree Pl., NW
Atlanta, GA 30309
404-347-7264

**Winn Way Mental
Health Center**
445 Winn Way
Decatur, GA 30044
404-508-7700

**FULTON COUNTY
Northside
Mental Health
Outpatient Center**
1140 Hammond Dr.,
Ste. 1075
Atlanta, GA 30328
404-851-8950

**South Fulton
Mental Health
Outpatient Center**
1636 Connally Dr.
East Point, GA 30344
404-762-4042

**West Fulton
Mental Health
Outpatient Center**
475 Fairburn Rd., SW
Atlanta, GA 30331
404-691-9627
Evenings:
404-294-3700

To find a Community
Mental Health Service
near you go to
www.mygcal.com and
enter your zip code.

Special Needs Populations

Some people need extra care for a wide variety of reasons. There are special services and programs especially designed to provide services to individuals who are disabled or have special medical needs.

- **Parent-to-Parent of Georgia** has a wide variety of services designed especially for Georgia parents of children with disabilities.
- **Babies Can't Wait (BCW)** is a statewide interagency service for infants and toddlers with disabilities or developmental delays and for their families.
- **Children 1st** identifies children who have risks for poor health and developmental issue. All public health districts have family support systems.

How to Contact the Programs:

Parent-to-Parent of Georgia

1-800-229-2038
www.p2pga.org

Babies Can't Wait (BCW)

1-888-651-8224
www.health.state.ga.us/
programs/bcw

Children 1st

1-877-808-3689

Georgia Department of Family and Children Services (DFCS)

Georgia's Department of Family and Children Services offers a wide range of services including child abuse investigation, help with foster homes, childcare support for low-income families, among others. Here is information on area offices:

CLAYTON COUNTY DFCS

877 Battlecreek Rd.
Jonesboro, GA 30236
770-473-2317

COBB COUNTY DFCS

325 Fairground St., SE
Marietta, GA 30060
770-528-5000

DEKALB COUNTY DFCS

Main Office
178 Sams St.
Decatur, GA 30030
404-370-5000

SATELLITE OFFICE

30 Warren St., SE
Atlanta, GA 30317

FULTON COUNTY Northwest Service Center

1249 Donald Lee Howell Pkwy.
Atlanta, GA 30318
404-206-5600

Satellite Offices Central City North Service Center

84 Walton St., NW
Atlanta, GA 30303
404-657-8000

North Fulton Service Center

6075 Roswell Rd., NE,
Ste. 300
Atlanta, GA 30328
404-252-2180

South Fulton Service Center

5710 Stonewall Tell Rd.
College Park, GA 30349
770-774-7500

Southwest Service Center

515 Fairburn Rd., SW
Atlanta, GA 30331
404-699-4337

Medicaid Services Program Section

84 Walton St., NW
Atlanta, GA 30303
404-657-8037
or **404-656-6060**

GWINNETT COUNTY DFCS

446 West Crogan St.,
Ste. 300
Lawrenceville, GA
30046
678-518-5500

Satellite Offices Norcross

2211 Beaver Ruin Rd.,
Ste. 130
Norcross, GA 30071
770-441-8800

Buford

2755 Sawnee Ave.
Buford, GA 30518
770-614-2500
1-800-GEORGIA

SENIOR CENTERS

CLAYTON COUNTY

Aging Services

877 Battle Creek Rd.
Jonesboro, GA 30236

770-603-4050

Frank Bailey Senior Center

6213 Riverdale Rd.
Riverdale, GA 30274

678-479-5505

J. Charley Griswell Senior Center

2300 Highway 138 E.
Jonesboro, GA 30236

770-477-3499

Kinship Care Resource Center

849 Battle Creek Rd.
Jonesboro, GA 30236

770-477-3417

Shelnutt Inter-Generational Center

849 Battle Creek Rd.
Jonesboro, GA 30236

770-473-5788

COBB COUNTY

Austell Neighborhood Center

5315 Brownsville Rd.
Powder Springs, GA 30127

770-819-3200

East Cobb

Multipurpose Center

3332 Sandy Plains Rd.
Marietta, GA 30066

770-509-4900

Freeman Poole Multipurpose Center

4025 South Hurt Rd.
Smyrna, GA 30082

770-801-3400

Marietta

Neighborhood Center

32 North Fairground St.
Marietta, GA 30060

770-728-2516

North Cobb

Multipurpose Center

4100 Highway 293
Acworth, GA 30101

770-975-7740

North Cobb

Neighborhood Center

4100 Highway 293
Acworth, GA 30101

770-974-2984

West Cobb

Multipurpose Center

4915 Dallas Hwy.
Powder Springs, GA 30127

770-528-8200

DEKALB COUNTY

DeKalb/Atlanta

Senior Center

25 Warren St.
Atlanta, GA 30317

404-370-7297

Lithonia Senior Center

2484 Bruce St.
Lithonia, GA 30058

770-482-0402

Lou Walker Senior Center

2538 Panola Rd.
Lithonia, GA 30058

770-322-2900

North DeKalb Senior Center

5238 Peachtree Rd.
Chamblee, GA 30341

770-455-7602

Scottdale Senior Center

3262 Chapel St.
Scottdale, GA 30079

404-501-0704

South DeKalb Senior Center

1931 Candler Rd.
Decatur, GA 30032

404-284-4865

FULTON COUNTY

Auburn Neighborhood Senior Center

300 Edgewood, NE
Atlanta, GA 30312

404-224-3140

Bethlehem

Neighborhood Senior Center

87 Thayer St., SE
Atlanta, GA 30315

404-577-6017

Camp Truitt Neighborhood Senior Center

4320 Herschel Rd.
College Park, GA 30337

404-762-48024

Crabapple Neighborhood Senior Center

12624 Broadwell Rd.
Alpharetta, GA 30004

770-751-9397



Care for Ol

Finding just the right care for older adults is a critical issue for many. We want you to know there are many resources and trained professionals ready to help you.

The Georgia Department of Human Services, Division of Aging Services, has a state-wide system in place that assists seniors, their families and their caregivers. Their goal is to help older Georgians in "Living Longer, Living Safely, and Living Well."



der Adults

Here's a list of some of the assistance you will find:

- Help at home
- Assistance with wellness and nutrition
- Caregiver programs
- Protecting your safety and your rights

- Help with Medicare and insurance
- Many other services and programs

To speak with a counselor with the GeorgiaCares unit of the Atlanta Regional Commission.

Contact:
www.agewiseconnection.com
800-669-8387

Dogwood Neighborhood Senior Center
1953 Donald Lee Hollowell Pkwy., NW
Atlanta, GA 30318
404-792-4964

Dorothy C. Benson Senior Multipurpose
6500 Vernon Woods Dr.
Sandy Springs, GA 30328
404-705-4900

H.J.C. Bowden Senior Multipurpose
2885 Church St.
East Point, GA 30344
404-762-4821

Hapeville Neighborhood Senior Center
527 King Arnold St.
Hapeville, GA 30354
404-762-3660

Harriett G. Darnell Senior Multipurpose
677 Fairburn Rd., NW
Atlanta, GA 30331
404-699-8580

Helene S. Mills Senior Multipurpose
515 John Wesley Dobbs Ave., SE
Atlanta, GA 30312
404-523-3353

New Beginnings Neighborhood Senior Center
66 Brooks St.
Fairburn, GA 30296
404-612-8984

New Horizons Neighborhood Senior Center
745 Orr St., NW
Atlanta, GA 30314
404-730-7100

Northside Shepherd Neighborhood Senior Center
1705 Commerce Dr., NW
Atlanta, GA 30318
404-352-9303

Palmetto Neighborhood Senior Center
510 Turner Ave.
Palmetto, GA 30268
770-463-4990

Quality Living Services Senior Center
4001 Danforth Rd., SW
Atlanta, GA 30331
404-699-1686

Roswell Neighborhood Senior Center
1250 Warsaw Rd.
Roswell, GA 30076
770-640-1583

Sandy Springs Neighborhood Senior Center
6500 Vernon Woods Dr.
Sandy Springs, GA 30328
404-705-4904

Southeast Neighborhood Senior Center
1650 Newtown Circle, SE
Atlanta, GA 30315
404-624-0641

St. Paul Golden Age Center
501 Grant St., NE
Atlanta, GA 30312
404-624-0641

GWINNETT COUNTY Buford Senior Center in Buford Human Services Center
2755 Sawnee Ave.
Buford, GA 30518
770-614-2527

Lawrenceville Senior Center at Rhodes Jordan Park
225 Benson St.
Lawrenceville, GA 30046
770-822-5180

Norcross Senior Center in Norcross Human Services Center
5030 Georgia Belle Ct.
Norcross, GA 30093
770-638-5683



Help For Homeless Families

Homestretch offers short-term housing for those not able to afford housing for themselves and their families. For more info: www.homestretch.org

Homeless education

The Program for the Education of Homeless Children and Youth provides the following services:

- Transportation
- Educational support and remediation services
- School supplies
- Community based resources

Atlanta Public Schools

Homeless Education Liaison
130 Trinity Ave., 2nd Fl.
Atlanta, GA 30303
404-802-2245

CLAYTON COUNTY

Clayton County Family Care
1000 Main St.
Forest Park, GA 30050
404-361-6303
www.claytonfamilycare.org

Salvation Army
130 Spring St.
Jonesboro, GA 30236
770-603-7173

COBB COUNTY

Cobb County Seniors & Homeless
604 Manning Rd., SW
Marietta, GA 30064
770-218-9710

Cobb County Seniors & Homeless Service, Inc.
1000 Whitlock Ave.,
Ste. 320
PMB-331
Marietta, GA 30064
770-218-9710

Center for Family Resources
995 Roswell St.
Marietta, GA 30060
770-428-2601
www.thecfr.org

Ministries United in Service & Training

1407 Cobb Pkwy. North
Marietta, GA 30062
770-427-9862
www.mustministries.org

DEKALB COUNTY

Action Ministries, Inc. (Central Office)
458 Ponce de Leon Ave., NE
Atlanta, GA 30308
404-881-1991
www.actionministries.net

Atlanta Legal AID Society

151 Spring St., NW
Atlanta, GA 30303
404-524-5811
www.atlantalegalaid.org

Caring Works

321 W. Hill St., Ste. 2
Decatur, GA 30030
404-371-1230
www.caringworksinc.org

Center for Pan Asian Community Services

3510 Shallowford Rd., NE
Atlanta, GA 30310
770-936-0969
www.icpacs.org

Clifton

Sanctuary Ministries
369 Connecticut Ave., NE
Atlanta, GA 30307
404-373-3253
www.atlantaunionmission.org



Keeping TB Out of the Picture

What is TB?

Tuberculosis (TB) is caused by a bacteria that attacks your lungs as well as the brain and kidneys. Symptoms include bad cough, pain in the chest, weakness, fatigue, and fever. If untreated, tuberculosis can be fatal.

How Do You Get TB?

Tuberculosis is spread through the air when a person with an active TB disease coughs, sneezes, or talks. Not everyone that has the TB bacteria becomes sick.

Treatment

Persons diagnosed with TB can be treated by taking several drugs for six months to a year. Get tested at a local health center and for more information about tuberculosis, visit: www.health.state.ga.us/programs/tb or call **404-657-2634**.

The Centers for Disease Control and Prevention also has fact sheets available at: www.cdc.gov

Decatur Cooperative Ministries

P.O. Box 457
Decatur, GA 30031
404-284-4411
www.decaturcooperativeministry.org

DeKalb CSB

P.O. Box 1648
Decatur, GA 30031
404-294-3834
www.dekscsb.org

Hosea Feed the Hungry and Homeless

1035 Donnelly Ave., SW
Atlanta, GA 30341
404-755-3353
www.hoseafeedthehungry.com

Interfaith Outreach Home

770-457-3727
www.iohome.org

Marcus Jewish Community Center

2509 Post Oak Tritt Rd.
Marietta, GA 30062
678-812-4081
www.atlantajcc.org

Nicholas House

830 Boulevard, SE
Atlanta, GA 30312
404-622-0793
www.nicholashouse.org

Oakhurst Recovery Program

232 East Lake Dr.
Decatur, GA 30030
404-371-0590
www.oakhurstrecovery.org

Partnership for Community Action, Inc.

815 Park North Blvd.
Clarkson, GA 30021
404-929-2500
www.pcaction.org

Refugee Family Services

5561 Memorial Dr., Ste. H
Stone Mountain, GA 30083
404-299-6217
www.refugeefamilyservices.org

St. Jude's Recovery Center

139 Renaissance Pkwy., NE
Atlanta, GA 30008
404-874-2224
www.stjudestorecovery.org

Transition House

970 Martin Luther King Jr. Dr., SW, Ste. 203
Atlanta, GA 30314
404-815-1535

Traveler's AID of Metro Atlanta

75 Marietta St., Ste. 400
Atlanta, GA 30303
404-817-7070
www.hopeatlanta.org

LEGAL ASSISTANCE Atlanta Center for Self Sufficiency

75 Peachtree Pl., NW
Atlanta, GA 30309
404-874-8001
www.atlantaenterprisecenter.org

Buckhead Christian Ministry

2847 Piedmont Rd., NE
Atlanta, GA 30305
404-239-0058
www.buckheadchristianministry.org

Georgia Law Center on Homelessness and Poverty

100 Edgewood Ave., NE, Ste. 1625
Atlanta, GA 30303
404-681-0680
www.galawcenter.org

FULTON COUNTY Atlanta Community Action Authority

1690 Chantilly Dr.
Atlanta, GA 30324
404-320-0166
www.facaa.org

Fulton County Human Services

137 Peachtree, SW
Atlanta, GA 30303
404-613-7944
www.fultonhumanservices.org

Midtown Assistance Center

30 Porter Pl.
Atlanta, GA 30308
404-681-5777
www.midtownassistancecenter.org

Partnership Against Domestic Violence, Inc.

Crisis Line
404-873-1766
www.padv.org

GWINNETT COUNTY Georgia Alliance to End Homelessness

2000 First Dr., Ste. 200
Marietta, GA 30062
770-575-8555
www.gceh.org

Mary Hall Freedom House

P.O. Box 501205
Atlanta, GA 31150
770-642-5500
www.maryhallfreedomhouse.org

Norcross Cooperative Ministry (Prevention)

2275 Mitchell Rd.
Norcross, GA 30071
770-263-8268
www.norcrossco-op.org

Partnership Against Domestic Violence, Inc.

Crisis Line
770-963-9799
www.padv.org

Partnership for Community Action, Inc.

404-929-2500
www.pcaction.org

Salvation Army

1032 Metropolitan Pkwy., SW
Atlanta, GA 30310
770-963-8802
www.salvationarmy-georgia.org

Pregnancy and Drinking Don't Mix

When you are expecting, everything you eat and drink could have an effect on your baby.

Drinking during your pregnancy is especially dangerous to your baby with the most serious risk being Fetal Alcohol Syndrome (FAS).

That's the name for a group of birth defects and developmental disabilities such as abnormalities of the face, problems with growth, mental retardation, and even learning and behavioral problems.

There is also FAE (Fetal Alcohol Effect). This describes newborns with less severe birth defects and disabilities.

Remember, babies born with fetal alcohol-related damage have disabilities that last for the rest of their lives.

And here is an important note: The Georgia Department of Community Health says there is "no known safe level of alcohol use during pregnancy." So, even if you drink just a little, you still might affect your baby's health.

What to do:

- If you're pregnant, don't drink.
- If you are drinking during your pregnancy...stop now. That can reduce the chances of your baby being born with problems.
- If you are thinking of becoming pregnant, stop drinking now. Drinking during the earliest stages of your pregnancy (when you may not even know you are expecting) can be harmful to your child.
- If you are breastfeeding, don't drink. The March of Dimes says some alcohol can reach the baby through breast milk.

- If you know someone who is pregnant, share this information with them.
- If you are a services provider to pregnant women and women of reproductive age...screen them for alcohol and substance abuse.
- Increase your chances of a healthy baby. Staying away from alcohol before and during pregnancy can go a long way in making sure that happens.

For more information:

March of Dimes
404-350-980

www.marchofdimes.com

National Council on Alcoholism and Drug Dependence
1-800-NCA-CALL or
1-800-622-2255
www.ncadd.org

Substance Abuse Treatment Facility Locator
1-800-622-HELP
1-800-622-4357







Ways to Heal

There is so much healing in sharing thoughts and words with someone who cares and is trained to listen.

Here are some signs you or someone you love may need to talk with someone:

- Low mood that lasts a long time
- A feeling of hopelessness
- Desperation
- Anxiety and/or tension
- Problems sleeping
- Withdrawal
- An increase in use of alcohol and/or drugs
- Threatening suicide or talking about a strong desire to die
- Unexpected anger or rage

Help is always there when ever you need it. Reach out for assistance. Someone will be there for you.

Georgia Crisis and Access Line:
1-800-715-4225